

3 MONTHS CRAFT COURSE – COOKERY

Course Objectives

At the end of the course, the candidates will be trained in the basic culinary skills which will enable them to work in small hotels, stand alone restaurants, guest houses, etc. The course will also enable them to be self-employed.

Time: Monday to Friday 2.30pm - 5.30pm

Batch Size: 30 Students (2 batches per year)

(1st Batch: July – Sept.

2nd Batch: Jan. – March

Fees: Rs. 20,000/-

Course contents:

Indian Cuisine:

I Starters

- 1 Tomato Shorba
- 2 Rasam
- 3 Solkadhi
- 4 Osaman
- 5 Jehangiri Shorba

II Indian Breads

1. Phulka
2. Chapathi
3. Pooari
4. Paratha
5. Stuffed Paratha(veg)
6. Malbari Paratha
7. Bhaturas
8. Missi Roti
9. Makkai ki Roti
10. Methi Paratha

III Rice Preparations:

1. Jeera Pulao
2. Vegetable Pulao
3. Tomato Pulao
4. Masale Bhaat
5. Moongdal khichdi
6. Aloo ki Tehari
7. Lime rice
8. Curd rice
9. Tamarind rice
10. Coorgi Pulao
10. Sofiyani Biryani
11. Nawabi Tarkari Biryani
12. Yakni Pulao
13. Kashmiri Pulao

IV Main course (20 Nos) (Chicken, Mutton, Pork, Fish)

1. Murg Mussalam
2. Murg Makhani
3. Dhaniwal Khorma
4. Murg Dungari
5. Chicken Chettinad
6. Chicken Khorma
7. Chicken Rogini
8. Methi Murg
9. Mulugutwany curry (Mutton)
10. Mutton Kolhapuri
11. Mutton Saagwala
12. Aachari Gosht
13. Goan Fish curry
14. Macchli Amritsari
15. Malayali Fish curry
16. Malwani Prawn curry
17. Patrani Macchi
18. Pork Vindaloo
19. Hyderabad Kheema

V Veg. Accompaniments

1. Mirch ka salan
2. Bagara Baingan
3. Baingan Bhurta
4. Gobi masala
5. Bhindi saute
6. Vazhakkai thoran
7. Aloo jeera fry
8. Gajar mutter

VI Dal & Pulses:

1. Tadka dal
2. Dal Amritsari
3. Dal Makhani
4. Tur dal sorak
5. Sambhar
6. Gujrati dal
7. Amit
8. South Indian khadi
9. Khadi

VII Salads :

1. Tomato onion cucumber
2. Cucumber raita
3. Bhindi pachadi
4. Ginger pachadi
5. Khamang kakadi
6. Mint raita
7. Carrot koshimbir

VIII Desserts/Sweet dishes

1. Vermicilli payasam
2. Kesari kheer
3. Sooji halwa
4. Doodhi halwa
5. Gulab jamun
6. Jallabi
7. Besan laddoo
8. Mohanthal

9. Malpua
10. Gille firdaus

**Continental/International cuisine/Oriental
(including French/Italian/Mexican/Chinese/British)**

I Starters :

1. Prawn cocktail
2. Tomato a la Monegasque
3. Oeuf Farcis
4. Spring rolls
5. Chicken lollypops
6. Chicken satay
7. Florida cocktail

II Soups:

1. Minestrone soup
2. Scotch broth
3. Potage St.Germain
4. Gazpacho
5. Cream of Tomato
6. Leek and potato soup
7. Lentil Mulugutwany soup
8. Cabbage chowder
9. Canadian cheese soup
10. Sweet corn soup
11. Hot and sour soup
12. Mexican chilli bean soup
13. Roasted tomato basil soup
14. Clam and corn chowder
15. Veloute dame blanche

III Main courses:

(Including Chicken/Fish/Beef/Pork)

1. Poulet a la Rex
2. Poulet saute chasseur
3. Pollo a la cacciatore
4. Poulet saute Maryland
5. Chicken chimichangas with pepper salsa

6. Pomfret orly
7. Pomfret colbert
8. Pomfret Portugaise
9. Pomfret duglere
10. Shepherd's Pie
11. Fish in garlic sauce
12. Chicken Manchurian
13. Roast beef
14. Chilli chicken
15. Beef Stroganoff
16. Hungarian goulash
17. Chinese fried rice
18. Hakka noodles
19. Grilled fish with tartare sauce
20. Pork chops with charcutiere sauce
21. Escalope viennoise

IV Accompaniments (Including potato preparations)

1. Glazed carrots
2. Spinach au beurre
3. Ratatouille
4. Courge provencale
5. Cauliflower au gratin
6. Melanzane Parmigiana
7. Roesti
8. Roast potatoes
9. Pomme de terre duchesse
10. Pomme de terre layonnaise
11. Pomme de anna
12. Pomme de terre Robert
13. Pomme de croquette
14. Parsley potatoes
15. Italian herbed potatoes

V Salads

1. Carrot and celery
2. Russian salad
3. Caesar salad
4. Cole slaw
5. Som tam
6. Tossed salad
7. Waldrof salad
8. Roasted corn & bean salad
9. Beetroot salad
10. Macroni & bell pepper salad

VI Sweets/Desserts

1. Caramel custard
2. Bread & butter pudding
3. Christmas pudding
4. Fruit Trifle
5. Moss Jelly with custard sauce
6. Coffee mousse

VII Demonstrations

1. Sandwiches
2. Tandoori cuisine
3. Salads
4. Desserts
5. Indian snacks
6. International cuisines